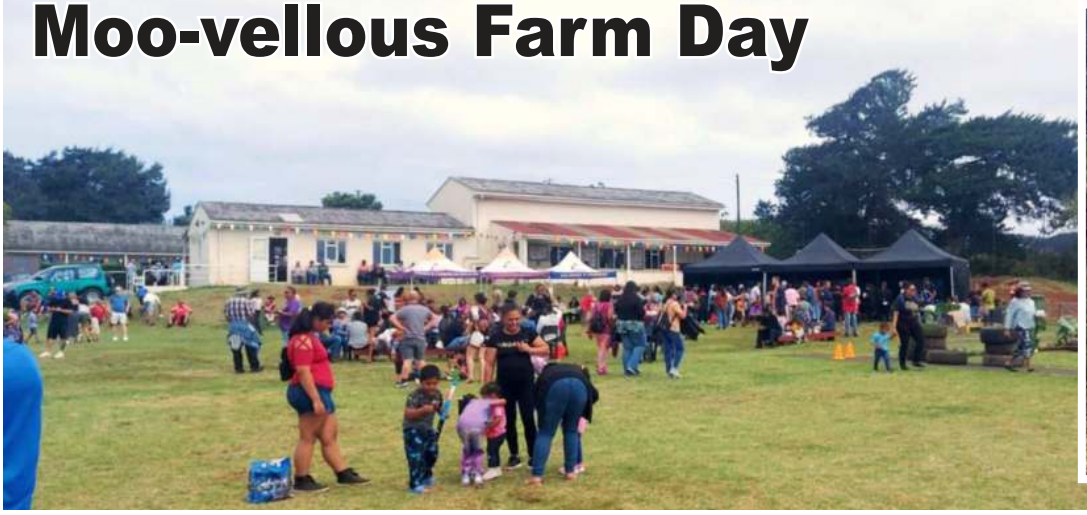
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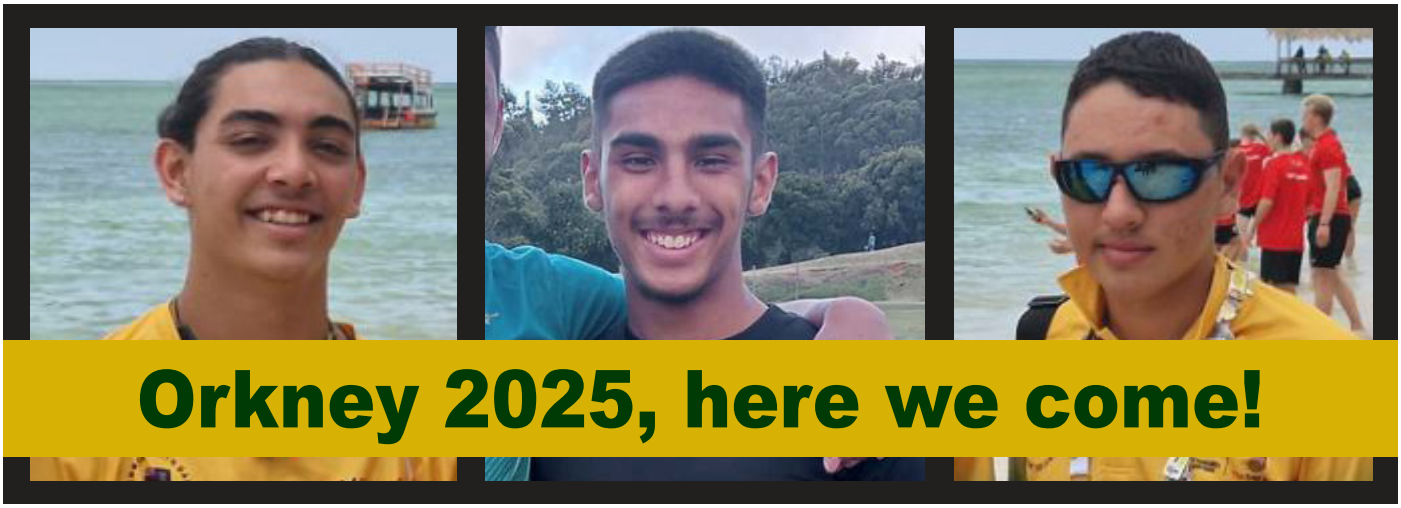
SENTINEL

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Moo-vellous Farm Day







Orkney 2025, here we come!

Raising Awareness of Parental Alienation



"There is no support on the Island"

OPINION

SENTINEL COMMENT

Liam Yon, SAMS

Pinch, punch, first of the month – it's May already everybody. Time sure is flying in 2025, although on the bright side, at least we have another public holiday this month – our National Day on Wednesday, 21 May, this year organised by the Football Association. As always, regardless of who leads on the preparations, the success of St Helena's Day always hinges on the involvement and participation of the community – so let's all play our part in making 'our' day a brilliant one this year.

It's great to see that mental health, especially in the younger generation, is something which has been looked at and a big well done and thank you to Dr Tara Murphy whose work led to the development of a new dedicated website to help those who may be struggling with mental health issues (see article inside). Mental health is one of those topics that no-one, especially if you are the one suffering, wants to speak openly about. Probably because of fear of being judged and ridiculed for it. Men especially find it difficult to admit that they are struggling with their mental health – and this needs to change. Personally, I feel with a new digital age and access to Social Media, this has only increased mental health issues, with many comparing themselves to social media influencers, or others avoiding reality due to how easy it is to get lost in socials; all which has a negative effect on their mental state. If you are struggling, please visit the new website www.mindingmymind.sh for helpful tips, or reach out to a Mental Health Support Worker.

One thing I always find comforting is to remember that you are not alone – your friend who smiles each day may be going through the same thing as you but has not spoken up and is hiding behind their 'happiness'- you need to be the one to speak about it; it really does help!

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ST HELENA NEWS

"All broad groups of items saw their prices rise"

Annual Inflation up by 6.5% as Stats Office release latest estimates



Liam Yon, SAMS

The latest estimate of the Consumer Price Index (CPI) has been released by the St Helena Statistics Office for the first quarter of 2025; with the CPI measured at 103.5, representing a small increase of 0.4% on the previous quarter. Looking at the annual rate however, this represents a 6.5% increase in inflation compared to one year ago.

"On average, all broad groups of items saw their prices rise compared to a year ago, except for clothing," Stats detail in their latest bulletin. "The highest average annual increase was in Communication (18.4%), resulting from increases in July 2024 in the landline telephone tariff and mobile data packages."

Stats add that there was also an average annual increase in Household Energy of 12.5%, which was lower than in the previous quarter (28.1%) and came about as a result of the increase in the price of electricity in July 2024.

"The average annual increase in Food prices was 8.4%, which was also slightly lower than the annual increase measured last quarter (9.7%), and still includes the increase in the price of locally produced bread and meat implemented by Solomons in Q4 2024," they add. "Transport costs increased by 5.2% on average over the year, partly because of the increase in the price of the public transport service in December 2024."

Focussing on the quarterly change in the CPI of 0.4%, Stats note how only three groups of categories experienced average increases since the last quarter, that being Alcohol & Tobacco at 2.1%; Miscellaneous Good & Services at 0.7%; and Food at 0.5%. On the contrary, Household Goods and Services fell slightly (-0.4%), while all other categories remain unchanged on average.

Doubling up on Districts

Update on Legislative Council district reps with two Councillors in Johannesburg





Liam Yon, SAMS

On 30 June, the current twelve members of the St Helena Legislative Council will relinquish their roles as both Councillors and Ministers after four years in term – one year for Councillor Elizabeth Knipe who was only elected in 2024 through a bye-election – with Council set to dissolve ahead of the 2025 General Election, set for 3 September.

With dissolution just over two months away, Elected Members continue to carry out the duties of their role, with two Councillors taking on further responsibility recently as they cover the districts of their colleagues who are currently off-Island for personal reasons.

As announced by SHG on last week, "Councillor Andrew Turner departed St Helena on Saturday, 19 April, for medical treatment in Johannesburg." In his absence, Councillor Karl Thrower has agreed to take on the representation of the Sandy Bay and Blue Hill district areas, with constituents from these districts encouraged to contact Cllr Thrower for any enquiries or concerns they might have.

Similarly, SHG also advised in the same announcement that "Councillor Gillian Brooks is also in Johannesburg for personal reasons and will now return to the island, a week later than expected, on Saturday 3 May." As has been previously informed, while Cllr Brooks is off-Island, Councillor Dr Corinda Essex, has stepped up to take on the representation of the Jamestown district.

While Cllr's Thrower and Essex have kindly agreed to represent the districts normally covered by their absent colleagues, both Cllr Turner and Cllr Brooks remain contactable via email, though it is expected that their capabilities to respond could be limited due to their other respective commitments while in Johannesburg.

The Sentinel sends our well wishes to Councillor Turner.





"Crew and vessel are now very happy"

Fishing vessel visits St Helena for medical assistance

Donna Crowie, SAMS



On Saturday morning, 26 April, St Helena saw the arrival of Fishing Vessel, Madre Josefa Uno.

Solomons Shipping and Travel later confirmed on Monday that the vessel had arrived for medical assistance; something that has become common on St Helena as the Island honours it's Safety of Life at Sea (SOLAS) international obligations.

The Madre Josefa Uno was seen docked alongside Rupert's Jetty with Port Control confirming that the vessel arrived for "a crew change and emergency dentist appointment" before revealing that "all went well and the crew and vessel are now very happy."

According to Marine Traffic, tracking the Madre Josefa Uno, the vessel had been fishing north of St Helena and has now returned to resume its fishing operations outside of St Helena waters.

Moo-vellous Family Farm Day

Harford PTA hosts another successful Annual Farm Fun Day



Liam Yon, SAMS

A huge crowd, a large variety of animals, plenty of entertainment, and children laughing in the beautiful sunshine, evidenced another brilliantly organised and fun-filled Family Farm Fun Day out at the Harford Primary School on Saturday, 26 April, hosted by the Harford PTA.

An annual event, the Farm Day kicked off as always with the parade from Longwood Green to Harford Primary School where the day was then opened to all. Not long after and the crowds began to flock to the venue, a clear indication of how popular this event has become on the calendar in recent years.

With hot food and a variety of beverages on sale, plenty of games and activities to do, and musical entertainment throughout, the day was a perfect way for children to kick-off their two-week holidays.

As always, the farm showcase was hugely popular with children and adults alike buying tickets in order to enter the showcase to view the many animals that awaited them; this included ducks, geese, chickens of different varieties, a bull, cow and calf, pigs and piglets, donkeys, sheep, goats and even rabbits and guinea pigs.

Also popular was the latest addition to the annual Farm Day, which was a short military-style obstacle course. Here, children would be timed to see how quick they could get through the various obstacles from cargo nets to tyres and a rope maze; which each participant desperate to go again and knock seconds off their best times.

There were also many interactive stalls with fun carnival-style games where children and 'big children' could try their hand to win a prize, while the usual 'guess the weight' game was also available with a weighty cake and pumpkin up for grabs to the person who guessed the weight correctly. Additionally, those who chose to take part in the fancy dress competition were also awarded prizes for the placements.

All in all, Harford PTA's Family Farm Day was another great success and safe to say we all look forward to what's in store at the next one in 2026. Simply Moo-vellous!









Orkney 2025, here we come!

St Helena to compete in Athletes, Swimming and Squash in 2025 Island Games



Liam Yon, SAMS

The 2025 Island Games is set to get underway this year between 12-18 July in the Orkney Islands, Scotland, with St Helena set to be represented in athletics, swimming and squash, as the National Sports Association of St Helena (NSASH) releases the names of its Team St Helena athletes for this edition of the exciting international sporting event.

With the sporting spectacle, featuring Member Islands from the International Island Games Association, set to get underway in just over two months time, updates on Team St Helena have been quiet; with the first big news being revealed by young runner, Tyler Anthony, of his selection by NSASH for the upcoming games, during his Primary School Athletics Day speech last week.

To find out more, The Sentinel made enquiries with NSASH regarding who, alongside Tyler, would be representing St Helena, and in what sporting discipline, for the Island Games this year. This seemingly prompted a Facebook post by the Association on Sunday detailing Team St Helena for Orkney 2025.


Stefan Thomas and William Caswell

In it, it was officially announced that St Helena would be represent in Athletics by Tyler Anthony; in swimming by Stefan Thomas and William Caswell; and in squash by James Peters. In addition, travelling with the athletes, will be Team Leader, Anne Dillon, and Team Official for Swimming, Christine Caswell, with a Team Official for Athletics yet to be confirmed.


Tyler Anthony with Ryan Benjamin from NSASH

"The Island Games Association does not provide any financing for attendance at these games, so all expenses are being met by team members and officials themselves," revealed NSASH. "We would like to take this opportunity to thank those generous individuals and organisations who have sponsored the team in various forms to date; it is very much welcomed and appreciated."

The Sentinel wishes all of the Team St Helena athletes the best of luck for the upcoming Island Games. As always, we will be backing you all the way and look forward to keeping the community updated on your performances in Orkney. Let's go Team St Helena!









"Remembrance and Solidarity"



Candlelit vigil to be held to honour victims and survivors of domestic violence

Liam Yon, SAMS

In recent years, St Helena has been committed to raising awareness of domestic violence; how it will not be tolerated, and encouraging victims to stand up and speak out against abuse – with a candlelit vigil set to take place this weekend to honour victims and survivors.

This movement is emphasised during the Island's White Ribbon Campaign which takes place in the lead up to White Ribbon Day in November each year, recognised as the day when men show their year-long commitment to ending violence against women and girls.

Though we are a few months away from the annual campaign, SHG are nonetheless planning to hold what they describe as a "solemn event" as part of the Island's "ongoing commitment to raising awareness for White Ribbon Day" with a Candlelit Vigil to honour victims and survivors of domestic violence scheduled to take place on Saturday, 3 May, at 7pm at the Jamestown Market.

"White Ribbon Day began in Canada in 1991, when a group of men united to speak out against violence towards women," commented SHG. "Since then, it has become an international initiative, observed in countries across the globe. St Helena's Candlelit Vigil joins this collective voice calling for change and equality."

To keep a vigil somewhere means to remain there quietly for a period of time, especially at night, and this is exactly what is being planned for this coming Saturday evening. "Community members are encouraged to attend the vigil to light a candle in remembrance and solidarity," explained SHG. "The event will serve as a poignant reminder that everyone has a role to play in creating a future free from fear, violence, and abuse."

SHG are inviting all in the community "to come along to light a candle and stand together in a powerful display of commitment to ending domestic violence on St Helena and beyond."

"Join us as we stand united to end domestic violence," they conclude.

"Get involved" say SHFA



Liam Yon, SAMS

Following a meeting held by the St Helena Football Association last week, a clearer picture is coming to light around how the 2025 St Helena Day celebrations will take shape, with the SHFA, as reported, taking the lead this year.

They announced last Wednesday that "following last night's public meeting, plans are now moving ahead for St Helena's Day 2025" where they also, for the first time, reveal the theme for this year; which is "St Helena and the Sea".

As normal, the main hub of the celebrations will be the Grand Parade and the SHFA are now pleading to the community and organisations to "get involved" in order to make it a celebration to remember on 21 May.

"We are inviting local businesses and individuals to get involved by submitting an interest in hosting a stall on the Grand Parade; donating prizes for competitions for the day; and/or by contributing to the floats or the raffle," they said. "If you'd like to support the event in any way, please get in contact via info@sthelenafa.org or call WhatsApp +290 66352."

The SHFA also revealed that "more details will be shared soon, but in the meantime, we'd love to hear from anyone willing to lend a helping hand to make St Helena's Day 2025 a memorable celebration for all!"

In order to disseminate information ahead of St Helena's Day, as well as to refresh the communications of the SHFA, a brand new official Facebook Page has been setup and the Association are encouraging the community, both on-Island and abroad, to follow and share the page as momentum builds ahead of St Helena's national day 2025.

Minding My Mind

SHG announce "a significant milestone for mental health support in St Helena" with launch of evidence-based Mental Health website for young adults



Liam Yon, SAMS

This month, SHG have made what they are describing as "a significant milestone for mental health support in St Helena" with the launch of www.mindingmymind.sh, a new website which has been designed to "empower and support young adults on the island."

According to SHG, who announced the initiative on Tuesday, "the website is based on extensive research into the unique needs, aspirations, and challenges faced by young Saints" adding that it "aims to be a vital first step in learning about mental health" and "whilst not a replacement for existing healthcare services, the website provides valuable self-help strategies and resources tailored to the St Helena community."

The launch of www.mindingmymind.sh is a culmination of work, over a number of years, by Dr Tara Murphy, who is a researcher with prior experience in St Helena. This included a study conducted by Tara between 2019 and 2022, which ultimately laid the foundation for the website's development.

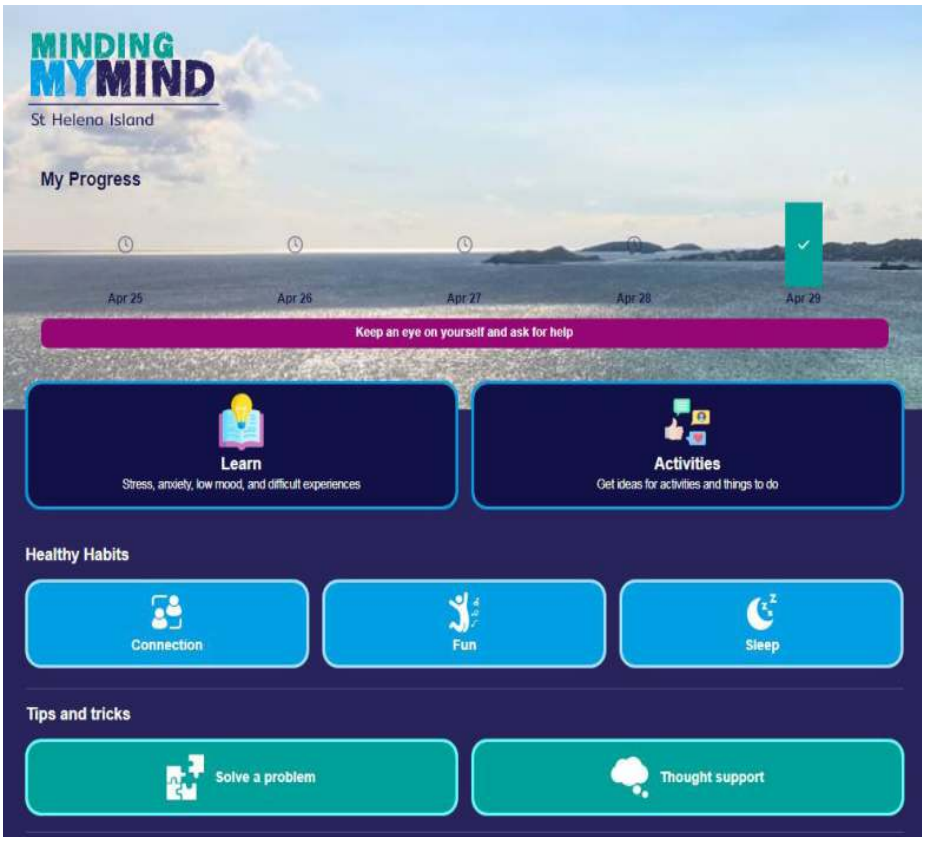
"It is a space where people from St Helena can access evidence-based approaches and helps Saints manage their own mental health," commented Dr Murphy on the website launch. "We have strived to create a platform that feels personal and relevant to Saints, incorporating their valuable feedback. Our hope is that www.mindingmymind.sh will offer practical support for mood management, promote positive activities, and contribute to overall well-being."

As detailed by SHG, key features of the 'Minding My Mind' website include Saint-friendly mood management, which is a range of self-help strategies designed to enhance mood and well-being, reflecting the local context; Curated local and international resources, giving access to trusted resources, both local and international, that have been tested and proven effective; Self-guided mood and sleep monitoring, including tools to help users track their mood and sleep patterns, enabling them to identify when additional support may be needed; as well as tailored approaches to building resilience, in the form of information and strategies developed through direct feedback from the community.

With mental health being a sensitive topic, SHG has emphasised that "user privacy is paramount" and that, therefore, "no personal details or data are collected when using this website."

Having launched www.mindingmymind.sh, a period of feedback and evaluation will run from now until the end of August this year with SHG inviting and encouraging young adults aged 16 and over to participate in the study by providing feedback to Dr Tara Murphy via Tara.Murphy@nottingham.ac.uk.

The website is now 'live'.



LIFESTYLE & CULTURE

"It's Our Way of Life"

Retiring Brazilian Salvation Army Officers share their journey through the Ministry



Demy Herne, SAMS

Borben and Deise Eliasen, a devoted couple from Brazil, have spent over 40 years serving with the Salvation Army. Currently based in Johannesburg, South Africa, since 2022, their journey through Ministry has taken them across continents, cultures, and communities.

"My parents are from the Salvation Army and growing up, I observed the ministry, especially the dedication my parents had to help people, not only with something to eat or clothes to have, but mainly with the word of God that transforms from inside out," recalled Deise. "I was always amazed with their joy and their passion in doing that. So when I was eight years of age, I literally heard the Lord offering me the opportunity to be like them and I said yes!"

Torben, her husband, echoed her response. "My parents were also Officers or Pastors of the Salvation Army and so we grew up in that type of environment." Torben continued that he "decided to continue in the Salvation Army because I thought it was a very exciting life, an interesting life. So that's why I became a Salvation Army Officer. I wanted to give back that hope that I found in Christ."

The Eliasens met through their shared commitment to the Ministry. "Torben was in training college in the seminary, I was only 16 when we started dating and I fell in love with him and then a few years later we got married," Deise reminisced.

Over their long careers, the couple has served in a variety of countries including Brazil, Mozambique, the UK, Chile, Peru, Bolivia, Ecuador, and now, in the Southern Africa Territory which encompasses South Africa, St Helena, Eswatini, Namibia, and Lesotho.

When asked what has been the most memorable mission that they've been on, Torben said "its difficult to say" adding that "we have good memories from all". However he did reveal that "the most challenging appointment for us, because of maybe the circumstance of the country, would have been Mozambique."

"Mozambique was very special, it made us see the world in a different way because it was a different culture," Deise added. "They were thirsty for the Word of God and open to the Gospel."

Looking ahead to retirement at the end of this year, the couple expressed a mixture of feelings.

"We've been away from our home country for almost 20 years now and we have aging parents that we have to take care of," commented Torben. "So we feel that it's our task now to go back, give support to the family but also continue sharing that hope that we have found with our fellow Brazilians."

Deise admitted that she tends to "avoid talking much about that" adding that "I'm still enjoying the year and I want to live it to the fullest and enjoy every minute."

When asked what they would miss most about their roles, Torben responded that, for him, "it will be the preaching," adding that, "there is nothing like being in a congregation, seeing people, seeing how people cry when the word of God is transmitted to them, it's such an honour to be able to share that gospel with people."

For those considering Ministry, Deise emphasised the importance of investing in the youth. "Pay attention to the children and young people; please do not take the children out of the Church," she urged. "I was saved when I was five and a half years of age, because my parents told me the story about Jesus Christ dying on the cross for my sins."

Torben offered his guidance. "Don't confuse religion with God, God is the creator, he's much beyond and bigger than religion," he states. "For us to be an Officer, or to be a Pastor, is not a task, it's our way of life."

This inspiring couple recently visited St Helena to support Captain Anthony Palmer and The Salvation Army congregation. They both hold a deep appreciation for the Island and its people.

"The Island has some challenges, but we believe, in working together, they can be solved," said Torben. "I think togetherness is one characteristic of this island."

"I just love walking on the Main Street of Jamestown at the end of the afternoon and hearing the birds singing and playing and flying around; it's very comforting," commented Deise, with Torben adding that St Helena "is very unique; there's a different appeal to this island than the other places that we have been. This is our second time here now and I hope there's a third and fourth!"

As a final message, Deise asked the Island community to, "keep trusting the Lord, ask him to give you directions and wisdom" with Torben further adding that, "True Christianity is not only about saying no to sin, its mainly and foremost saying yes to life."



"There is no support on the Island"



Parental Alienation Awareness Day once again recognised on St Helena

Donna Crowie, SAMS

Friday, 25 April, was recognised globally as Parental Alienation Awareness Day – which aims to raise awareness of the psychological manipulation that destroys families and how children suffer from Parental Alienation Syndrome.

According to the UK's Children and Family Court Advisory and Support Service (Cafcass), "we use the term to describe behaviours where one parent or carer expresses an ongoing pattern of negative attitudes and communication about the other parent or carer that have the potential or intention to undermine or even destroy the child's relationship with their other parent or carer."

Parental alienation is not a common topic spoken about on St Helena. It was only in 2024 when "Parental Alienation Awareness Day" was recognised and brought into the spotlight on the Island by local resident, Suelaine Green.

Now, for the second time in as many years, this day and this important subject has been raised and recognised here on the Island; with Suelaine taking the lead and inviting anyone to join her to show their support for those suffering from and due to parental alienation.

Those travelling through the Ladder Hill area would have noticed bubbles floating in the air as part of an act of recognition by Suelaine and a group of people that had gathered, dressed in green or blue, in honour of all children who should be allowed to love.

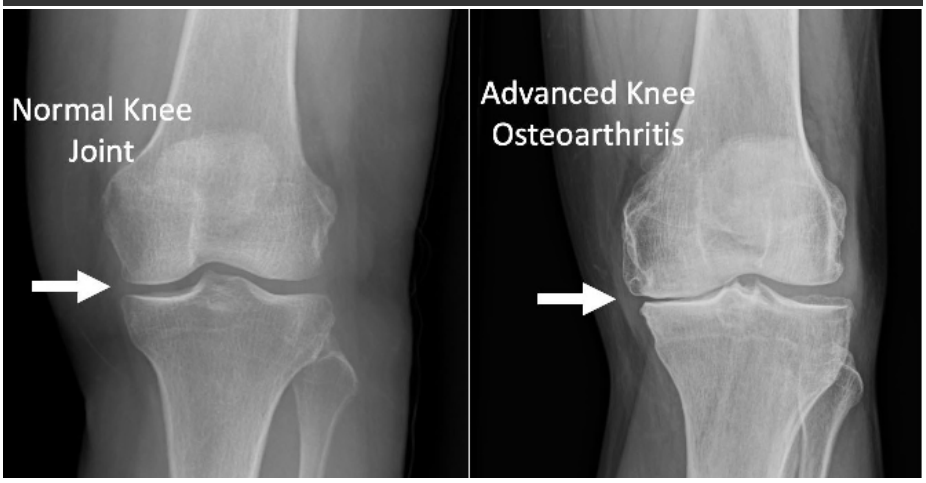
While the topic of parental alienation is not spoken about as much as it should be on St Helena, it affects millions worldwide and many on the Island are also affected. While there seems to be a zero-tolerance for physical and sexual abuse of children, and rightly so, there doesn't seem to be the same level of priority placed on stopping the emotional and psychological abuse children endure through parental alienation, with Sulaine, who revealed that she has lost all contact with her children, firmly asserting that "there is no support on the island" as she pleads for more to be done to assist those suffering from parental alienation on St Helena.





LIFESTYLE & CULTURE

Osteoarthritis and Knee Pain: Understanding the Causes and Finding Relief on St Helena



Arjelo Onde, Contributed

Knee pain is becoming more common here on St Helena. Many people find it hard to walk, stand, or even sit comfortably due to pain in their knees. This can make daily tasks, work, and life in general more difficult.

It's important to note that not all knee pain is caused by arthritis. It could also be due to injury, muscle strain, weakness, or problems with posture and alignment. That's why it's always a good idea to talk to a healthcare provider to find out the exact cause.

In this article, we'll focus on a condition that may be affecting many people here—knee arthritis, especially osteoarthritis.

What is Arthritis?

Arthritis is a general term that means inflammation of the joints. The word comes from Greek: "arthro-" means joint, and "-itis" means inflammation. There are over 100 types of arthritis, but the most common is osteoarthritis, especially in older adults.

Osteoarthritis is often called "wear and tear" arthritis. The term "osteo" comes from the Greek word for bone. It happens when the cartilage in a joint gradually breaks down over time. Cartilage helps the joint move smoothly, and when it wears away, movement becomes painful, especially in weight-bearing joints like the knees.

Our knees are synovial joints, which have a special lining that produces synovial fluid. This fluid acts like a lubricant, similar to oil in a car engine. It helps the joint move easily and reduces friction between the bones.

Think of it like a car engine without oil. Without oil, the parts rub together, causing friction and damage. Similarly, when cartilage breaks down and synovial fluid can't do its job, the bones start rubbing against each other. This leads to pain, stiffness, and swelling. It happens gradually, often due to aging, past injuries, or genetics, and makes the joint less able to absorb shock, causing difficulty with movement.

In some cases, osteoarthritis can also develop after a joint surgery. Even if surgery fixes the problem, the joint might not work exactly as it did before. Changes in how the joint is aligned or shaped can put extra pressure on the cartilage, causing it to wear out more quickly. This type of osteoarthritis is called post-traumatic osteoarthritis and can show up years after the injury or surgery.

According to Radiopaedia.org, post-traumatic osteoarthritis (OA) is common and makes up about 12% of all OA cases. It can affect different joints, like about 50% of ankle OA cases, 15% of shoulder OA, 10% of knee OA, and 2% of hip OA. People with post-traumatic OA are usually younger than those with regular, age-related osteoarthritis.

What Arthritis Looks Like on an X-ray

Doctors often use X-rays to check for arthritis. Here's what they look for:

•**Healthy knee X-ray**: Clear space between bones, smooth bone surfaces, no extra bone growths.

•**Knee with osteoarthritis:** Narrowed joint space (because the cartilage has worn away), possibly bone-on-bone contact, extra bone growths (called osteophytes or bone spurs), and thickening of the bone beneath the cartilage.

In simple terms, a healthy knee looks smooth and well-padded, while a knee with osteoarthritis looks worn with less space and rough edges.

Who's at Risk?

Some people may be more likely to get knee arthritis. Common reasons include:

• **Getting older:** Our joints naturally wear down as we age, making arthritis more common in older people.

•**Being overweight:** Extra weight puts more pressure on the knees, which can wear out the cartilage faster.

•**Past knee injury or surgery:** If you've had a knee injury or surgery, it may increase the risk of developing arthritis in that joint later.

• **Family history:** If arthritis runs in your family, you may be more likely to get it.

•**Other health problems:** Conditions like diabetes or high blood pressure can affect blood flow and increase inflammation, which can affect joints.

•**Physically demanding work:** Jobs that involve heavy lifting, kneeling, or repetitive movements can stress the knees over time.

What Can You Do?

Here are some helpful tips to keep your knees healthy and manage arthritis:

•Stay active with gentle exercises like walking, swimming, or stretching.

•Eat a healthy, balanced diet full of fruits, vegetables, and anti-inflammatory foods.

•Keep a healthy weight to reduce pressure on your knees.

•Strengthen your leg muscles to help support your joints.

•Use heat or cold packs to help relieve pain and swelling.

•Talk to your healthcare provider early if you notice any symptoms.

Vegetables for Joint Health (arranged from highest to lowest in

terms of their potential benefits):

1. **Moringa:** Moringa is a superfood with anti-inflammatory compounds and antioxidants, making it one of the best plants for reducing joint pain and swelling. It also has pain-relieving properties that can help with arthritis. The moringa seeds we gave to a local in Cleugh's Plain are already growing—but we won't name names, because we don't want an island-wide stampede of people showing up at his doorstep with baskets and sore knees.

2. **Leafy Greens** (spinach, kale): These are packed with vitamins A, C, and K, which can help reduce swelling and pain in your joints. They also contain fiber, which helps maintain a healthy weight and reduces pressure on your joints.

3. **Broccoli:** This vegetable contains a special compound called sulforaphane, which may help lower inflammation and protect your joints. It also has vitamin C, which keeps your cartilage healthy.

4. **Sweet Potatoes:** These are rich in vitamin A and beta-carotene, both of which help reduce inflammation. They also contain fiber, which helps with weight management and reduces stress on your joints.

5. **Carrots:** Carrots are full of beta-carotene and antioxidants, which help reduce inflammation and support joint health. The vitamin A in carrots is great for repairing tissue, which is helpful for arthritis.

Other Foods for Joint Health:

•**Turmeric:** Turmeric contains curcumin, a compound that reduces inflammation in your joints. It works similarly to some arthritis medicines, but without side effects. You can add turmeric to food or even drinks, like tea.

•**Ginger:** Ginger has anti-inflammatory properties and can help reduce joint pain and swelling. It contains gingerols, which help with stiffness and improve joint movement.

•**Avocados:** Avocados are full of healthy fats, vitamin E, and potassium. They help lower inflammation in your joints and can support joint function, reducing pain.

• **Fatty Fish**: Fatty fish like salmon, mackerel, and sardines are rich in omega-3 fatty acids. These healthy fats can reduce joint pain and stiffness by lowering inflammation, making them great for joint health.

If any of these foods seem to worsen your symptoms or cause discomfort, stop using them and talk to a doctor. Everyone's body reacts differently, so it's important to find what works best for you in managing arthritis.

Healthy Habits for Joint Health:

Managing knee arthritis, or preventing it, can be easier if we follow some simple habits:

•Avoid sitting for long periods without moving. Gentle activity helps keep joints from becoming stiff and muscles from weakening.

•Don't ignore ongoing knee pain. The sooner you address it, the better the long-term outcome.

•Be cautious with high-impact activities (like jumping or running on hard surfaces) that can stress the knees.

•Balance out sugary and processed foods with more fruits, vegetables, and whole foods. It's all about small, manageable steps.

•Drink alcohol in moderation—too much can increase inflammation and may interfere with medications for arthritis.

•If you smoke, think about ways to quit or cut back. Smoking reduces blood flow to the joints, harms cartilage, and can slow healing.

Foods to Enjoy in Moderation:

It's important to have a balanced diet. You can still enjoy local favorites in moderation while taking care of your joints. Some foods to enjoy less frequently include: **Sugary drinks** (like sodas and sweetened juices), **Red meats** (beef, lamb, pork), **Fried foods** (like French fries, fried chicken), **Refined carbs** (like white bread and pasta), **Full-fat dairy products** (if sensitive), **Excessive alcohol, Artificial sweeteners, High-sodium foods** (like canned soups and processed meats), Gluten (if sensitive or diagnosed with gluten intolerance), and **Processed and packaged foods** (high in sugar, trans fats, and refined carbs).

A Note on Our Community:

St Helena has a wonderful food culture, and our local shops do an amazing job of serving the island. This message isn't about removing your favorites—it's about making small changes and supporting each other in making healthier choices.

What's Being Done on St Helena?

St Helena Government has launched the Better Health St Helena 2024 campaign, which includes: Weekly health support sessions, programs to promote physical activity, and nutritional education and community support. These efforts are helping many people lead healthier, more active lives—even with arthritis. For more information about the campaign, visit www.sainthelena.gov.sh.

Final Thoughts

Knee pain can be tough, but with the right steps, we can manage it and stay active. Whether its arthritis or something else, the key is to take early action, make healthy lifestyle changes, and support each other as a community. Let's keep moving forward, St Helena!

A Quick Reminder:

If you've read my previous article about Type 2 Diabetes, you might remember that I mentioned the importance of aerobics and shared details about our sessions. The venue is in Jamestown Community Centre. The session is scheduled for Monday, May 19, from 5pm to 6pm. It's a great way to stay active and support your health!

I also talked about some anti-inflammatory vegetables like moringa, okra, and bittermelon. Once they grow really tall or big here on St Helena, I'll be writing a follow-up article on how to prepare these veggies in ways that support your health.

We'll also be hosting a special cooking session at the Lighthouse Wellness Center to prepare these delicious dishes together. It'll be a great chance to learn some tasty, health-boosting recipes!

Stay tuned for more updates! For more information or to get involved, feel free to call us at 22267.

About the Author

My name is Arjelo Onde. I'm an allied health professional, a licensed medical radiation technologist, and a science teacher with over nine years of experience. I've worked in hospitals and clinics, and now, along with my family, we are serving as volunteers on Saint Helena.

Although we're only here for two years, St Helena already feels like home. Our mission is to help the community live longer, happier lives—one small, healthy step at a time.

Sources:

•*Mayo Clinic - X-ray Findings for Osteoarthritis*

•*Arthritis Foundation - Anti-inflammatory Foods for Joint Health*

•*National Institute on Aging - The Role of Exercise in Osteoarthritis Management*

•*Arthritis Foundation - Inflammatory Properties of Foods like Turmeric and Ginger*

•*Boston Sports & Biologics - Knee Osteoarthritis*

•*Loma Linda University Health - Osteoarthritis and Lifestyle Management*

"Supporting a more Sustainable Future"

Tristan da Cunha completes refurbishment of electrical substations as progress is made in adopting renewable energy technology



Photo by Geraldine Repetto showing the solar project team.

Demy Herne, SAMS

In a major step towards modernising its power infrastructure and promoting sustainability, Tristan da Cunha has completed a significant refurbishment of its electrical substations; making important progress in adopting renewable energy technologies.

Over the past year, routine maintenance work revealed the urgent need for upgrades to the Island's five electrical substations; essential components that transform high-voltage electricity into lower, usable voltages for homes, public services, and key facilities.

With funding from the UK's Foreign, Commonwealth and Development Office, the island received approval to move forward with this crucial project.

Therefore, in January 2025, Tristan welcomed electrical specialist, Richard Noble, who had previously worked on Tristan's fish factory systems. This time, he returned with a team of eight skilled professionals; with their arrival marking the beginning of an intensive two and a half week operation to replace all five substations.

Working closely with the island's Electrical and Plumbing Department, the team carried out the upgrades efficiently and to a high standard, despite challenging weather conditions. Gazebos were even erected to allow work to continue through the rain, emphasising the team's commitment to the work.

Once the substation replacements were completed, five members of the team returned home. Richard and three others remained to continue electrical upgrades across the island.

Currently, electricity on Tristan is supplied by diesel generators located at the island's power station. These generators were installed after a fire at the fish factory in 2008 and now serve the entire settlement. However, like much of the world, Tristan is actively investigating renewable alternatives, with a particular focus on solar energy.

A major milestone in this transition began with the Administration Building, locally known as "the new building," despite having opened in 1969. Before solar panels could be fitted, the building first required a complete rewiring. This was completed to a high standard with support from the E&P team. An inverter room was then installed, an essential component of any solar system, as it converts the direct current (DC) generated by the panels into alternating current (AC), which powers homes and buildings.



Photo taken on 10th March 2025 showing work continuing to install solar panels



Work on a sub-station close to the Administration Building



Close-up of internal work on a sub-station



Photo taken on 13th March 2025 showing solar panels on the east side of the Administration Building







A 'Good Friday' for Tristan



Liam Yon, SAMS

Our Sister Island of Tristan da Cunha was recently boosted with the arrival of much-needed supplies to the Island, along with the return of resident Islanders, with the MFV Edinburgh arriving to Tristan on Good Friday, following what has been described as "severe delays" to the schedule of the MV Lance.

The Lance was scheduled to sail to Tristan back in February to bring supplies to the Island as well as transport passengers to the Island from Cape Town. Unfortunately, numerous delays and issues meant this trip to Tristan in February did not go ahead.

Thankfully, on Friday, 18 April, the MFV Edinburgh arrived to the Island, bringing with her all of the cargo and passengers originally scheduled to arrive in February, some two months ago.

"The MFV Edinburgh arrived at Tristan on Good Friday at 4am, bringing the first supplies in two months," reported Tristan. "Passengers came ashore at 8:30am, and offloading then commenced and was completed by 6.30pm the same day."

Among the passengers having arrived were young family Jason Green, Natalie Swain and their sons Noah and newborn Louis – with Jason and Natalie having spent a number of weeks on St Helena last year carrying out work placements and training on the Island.

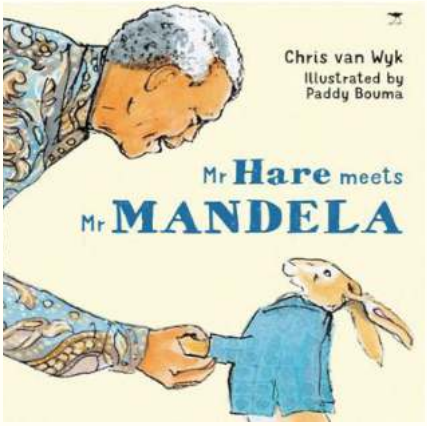
Other Islanders arriving back included Karl, Julia and Kaitlyn Hagan; Sandra and Deanna Rogers; and David & Doreen Swain. In addition, Medical Officer, Dr Alex Wonner, also arrived to take up his appointment on the Island.

The MFV Edinburgh departed Tristan at 3:45pm on Easter Monday with another cohort of passengers onboard including both Islanders and non-Islanders, destined for Cape Town.



Book of the Week

Public Library Service



Mr Hare Meets Mr Mandela

by Chris Van Wyk

Mr Hare meets Mr Mandela is one of the last stories Chris Van Wyk wrote before he died and it originally appeared in Sunday Times Story Time: 10 South African Stories for Children. Mr Hare finds a R200 note on his doorstep. When he turns the note over he sees Mr Mandela's face and decides to brave the big city of Johannesburg to return it to Mr Mandela. But Mr Hare cannot read and he comes across many people along the way who want to get their hands on Mr Mandela's money. Mr Hare also cannot work out why the note keeps changing colour!

Please reserve by contacting the following:-
Telephone Number: 22580
Email: publiclibrary@helanta.co.sh

SAMS RADIO 1 SCHEDULE

SAMS Radio 1

102.7 (Jamestown) • 90.5 (High Knoll) • 105.1 (Sunberry) • 105.3 (Blue Hill)
Streaming live via www.sams.sh/radio.html

FRI. May 02
- 7am -10am: Sunrise show with Luke Bennett
- 10am : Ministers Question Time
- 11am: American Connections (Repeat)
- 2pm: Our Show (Repeat)
- 5:30-7pm: OUT OUT! with Liam
- 7:30pm: Country Classics (Repeat)

SAT. May 03
- 9am-12 Noon: Saturday Show with Demy Herne
- 1pm: Northward Sounds
- 3-5pm: Modern Country Chart with Donna Crowie (Repeat)
- 8:30pm: Out Out (repeat)

SUN.May 04
- 7am-noon: Sunday Show with Liam Yon
- 1pm : Interview Hour
- 3-4:30pm: UK Chart Show with Demy Herne
- 5pm: In Scope
- 7pm: Salvation Army Church Service
- 20:30: Classical Compilations

MON. May 05
- 7am-9am: Sunrise with Luke Bennett
- 5:30pm: Country Classics
- 7:30pm: Sound of the 80's with John Turner

TUE. May 06
- 7am-9:00am: Morning Show with Donna
- 9am-11am: Midmorning with Demy
- 11am-1pm: Vibes with Anita
- 2pm: In Scope
- 3:30pm: American Connections with Brian Clough
- 5:30-7pm: Uk chart Show with Demy Herne
- 7:30pm: Classical Compilations

WED. May 07
- 7am-8:30am : Sunrise with Deon
- 8:30am-10:30am: Our Show
- 1pm-3pm: 1548 with Ferdie
- 4-7pm: Afternoon Drive with Luke Bennett
- 7:30pm: Vibes

THU. May 08
- 7am-10am: Sunrise with Luke and Liam
- 1pm-3pm: Lunchtime vibes with Demy
- 4pm: Sounds of the 80's
- 5-7pm: Modern Country Chart with Donna Crowie
- 7:30pm: In Scope

Reach us on ***22727*** or at ***news@sams.sh***

sure

Bringing you the
BBC World Service
100.7 (Briars)
88.1 (High Knoll)
102.7 (Blue Hill)

Featured this Week





Do you enjoy reggae? How about Modern Country? What about Rap, RnB, Rock, Afrobeats?

Whatever you're into, Liam will have you covered with his Sunday Show where he mixes it up between the genres, ensuring there is a little something for everyone - finishing off with 80s of course!

Tune into SAMS Radio 1 for the Sunday Show with Liam this weekend

Local news and notices:
7am, 10am, noon, 5pm, 7pm, 10pm

SAMS South Atlantic Media Services Ltd

Sentinel Sudoku Sessions

	8			2				
2			5		3	4		
7								
	2				6			3
							9	
			7	9		6	1	
5	4			7				
		6	9					1
	3							8

Throwback Thursday



1 May 1930 The planet Pluto is officially named by 11-year-old English schoolgirl Venetia Burney

Who doesn't like a few of Saint treats? As its coming up to St Helena's Day, we will be sharing a few of St Helena's favourite recipes included in the St Helena Cook Book or from www.saintcooks.com. Here's something you can enjoy on a warm day.

St Helena Syrup



Ingredients

- 2.5kgs granulated sugar
- 3 litres water + additional 4 litres of water for the boiling process
- 40-60ml lemon essence
- 3 capfuls of Red or Yellow food colouring (use the cap of the essence bottle)
- 2 level tsp citric acid
- A large pot and empty bottle

Instructions

1. Add the sugar and 3 litres of water to your pot. Stir to dissolve as you bring to the boil.
2. Continue to boil the mixture for 3 hours, stirring occasionally. Add more water every half hour or so to keep the level topped up. (Over the 3 hours, you will top by 4 litres.) The syrup is boiled for this long to ensure it doesn't re-crystallise once it cools.
3. After 3 hours boiling, leave the syrup to cool completely overnight
4. Next day: dissolve the critic acid with a little boiled water.
5. Add critic acid mixture to the sugar mix.
6. Add colouring and essence and stir.
7. Bottle in clean bottles and use as a cordial or mixer syrup. The diluted syrup also makes delicious Ice-lollies.

IN SCOPE: RECAPPED



Focus on Emergency Response Services

Anita Robbertse, SAMS

Minister for H&SC, Martin Henry, had Michael Gaga-Hale (Senior Paramedic) on In Scope this week to discuss improvements and changes made during his term with the Emergency Services here on St Helena.

In 2021, an assessment was undertaken of the entire Health and Social Care Portfolio to identify gaps within the service and what could be achieved with the funding available. This was during the time when COVID was still a big threat and this was one of the reasons for the drive to establish a paramedic service on-island. During this period, the island's first paramedic was recruited. Before this, the ambulance would attend to emergencies staffed by a driver and a nurse who was on duty at the hospital. The problem with this system was that it took a nurse away from duties that needed to be performed at the hospital and (as with all other areas in the medical profession) paramedic is a speciality area, ideally filled by someone appropriately trained. Since Michael has joined the team the ambulance service has evolved from a very basic service to a comprehensive response service.

Before the paramedic service was established, the ambulance team consisted of a driver/ technician and nurses. As first steps the ambulance bags had to be redesigned to include necessary equipment in line with NHS ambulance service practice in the UK. Another area that had to be reformed is the emergency call process. The emergency number was changed from 911 to 999 to connect callers to the joint emergency service control centre. Previously this call centre included all emergency services apart from the ambulance service, as these calls would go directly to the hospital reception in the past. A lot of work was done to establish a control room that has the skills and knowledge to route calls appropriately and quickly to the relevant emergency service, obtaining and providing all the important information needed. This was a big piece of work, but has proven to streamline and standardise the system and improve the response times for emergency services. Michael said that it is important for the public to realise when they call the emergency number, there are a number of questions that needs to be answered to deploy all the relevant emergency services and to make sure that all the appropriate information is available for these services to ensure they have all the necessary resources available when attending to an emergency.

A new role that was created and forms an important part of the emergency services is a Care Assistant. The team has evolved from a team of two drivers and two paramedics to a team of about ten staff members. To ensure that all staff involved in the emergency response process are skilled and trained a First Response Emergency Care Level 3 course is offered to all first responders - police, fire, sea rescue, airport and even interested members of the public. This has worked towards the establishment of a better coordinated and integrated emergency service.

The whole team participates in a lot of different training together, for example triage training and rope rescue. All new staff members spend a day with Sea Rescue to learn the different skills required when doing emergency work near water and on boats. A big part of paramedics' role centres on ambulance emergencies, but another focus area involves the healthcare side in the hospital. As the call volume for emergencies on island is a lot lower than in the UK, the role of paramedics here was restructured to include other healthcare work. This would ensure that their skills stay current and that their roles are utilised to the full. As part of this restructure, emergency care assistants work in the emergency department to triage patients where they can assist doctors

where needed. This is a model unique to St Helena, but works well here to maximise efficiency.

Michael spoke on what the team's daily responsibilities entail. They will obviously cover all ambulance 999 calls as a priority, but they facilitate patient discharges and transport vulnerable people to the hospital for appointments as well. In addition they work with the emergency department with emergency care assistants, EMT's or paramedics triaging emergency patients. This requires confidence and competence in triaging and making decisions about the urgency to see a doctor or to redirect patients to another service such as outpatients or the pharmacy. They can also administer medication, draw blood and provide emergency treatment. If the demand in the emergency department is low, they assist nurses in the wards.



Michael wrapped up the show by again talking a bit about what he envisions for the future of the emergency services on St Helena. The most important thing would be to further develop roles in the emergency service in progressing emergency care assistants to more senior roles like emergency medical technicians (EMT). To action this, training abroad will most likely be required. The one thing necessary to progress to EMT level is experience in various areas and the island does not unfortunately provide enough exposure to emergency situations, making exposure training invaluable. One of the goals of a TC post is to train local individuals to such a point that the TC role becomes obsolete. Michael said that he believes with more training and exposure, the team he is working with at the moment can progress to a point where they could be sufficiently supported by a nurse with emergency training instead of needing a full-time trained paramedic like himself.

The final subject touched on was the what3words campaign recently launched by the emergency services team. The what3words system is ideal for St Helena where there are very few formal physical addresses and no postal codes. The app works offline and enables emergency services to locate you anywhere on island. When looking up your location, the app will display the GPS point of your location and the what3words. The what3words app can even be used to provide someone looking to visit you or a taxi with an exact location. It is a very useful app that has to become part of everyday life and can support you in various ways. Essentially it will enable emergency services to locate people when they need emergency assistance.

Martin ended off the program by congratulating the team on all the progress made in creating an integrated service that utilises skills across the board to increase efficiency and in the process established a comprehensive and efficient emergency response service tailored to the needs of St Helena.

BAPTIST CHURCH

Sunday Services
4th May
Sandy Bay Chapel 08.45
Head O'Wain Chapel 10.45 am
Jamestown Chapel 6.00 pm

Bible Studies
Tuesday 6th May
Baptist School Hall 7.00 pm
Thursday 8th May
Sandy Bay Chapel 5.30 pm

ALL ARE WELCOME

For further information contact:
Tel No 24644

NOTICE BOARD

Vacancy

Electrician, Air Conditioning & Refrigeration Mechanic

Salary for the post will commence at £12,792 per annum (£1066 per month), depending on qualifications and experience

Solomon & Company (St Helena) Plc has a vacancy within the Electrical Works Department for an Electrician, Air Conditioning & Refrigeration Mechanic.

As the Electrician, Air Conditioning & Refrigeration Mechanic you will ensure that in-house and private jobs are undertaken competently and in a timely manner whilst ensuring high standards of work are delivered at all times in accordance with Company requirement and local regulations.

Interested Persons Should:

- Possess Grade C in GCSE Maths or English, or equivalent
- Have at least 3 years proven experience in Electrical Engineering
- Be in possession of a current Wiremen's license
- Have experience of maintaining air-conditioning and refrigeration systems
- Possess Level 3 City & Guilds Diploma in Electrical Installations Course, or equivalent
- Be flexible to work out of normal working hours and be available to work as part of an on-call rota as and when required
- Have a customer focused approach with excellent customer service skills
- Have a valid drivers' licence
- Be aware of Health & Safety practises as well as be able to perform manual handling duties
- Be able to work as part of a team as well as independently
- Be willing to undertake any further training

For further information, including the Company's attractive benefits package contact:

Mr Jason George, Electrical Supervisor via 22739 jason.george@solomons.co.sh

Application forms may be collected from Solomons Main Office Reception, Jamestown or alternatively an electronic copy can be requested via hradmin@solomons.co.sh and completed forms should be returned to Anya Thomas, Human Resources Organisation & Development Officer, Solomons Main Office, Jamestown by **08 May 2025.**

Solomon & Company (St Helena) Plc offers an attractive benefits package to Employees which includes but are not limited to:

- Pension Contributions
- Staff Discounts

Commemoration of the Death of Emperor Napoleon

Monday, 5 May 2025

On the occasion of the anniversary of the death of Emperor Napoleon on Saint Helena, the public is respectfully informed that the Napoleonic heritage sites will be open free of charge on **Monday, 5th May**, at the following times:

- **Longwood House**: 10:00 a.m. – 3:00 p.m.
- **The Tomb**: 9:00 a.m. – 3:00 p.m.
  On this special occasion, members of the public will, exceptionally, be permitted to access the inner clearing of the grave itself, which will be adorned with flags. Those who wish to offer a moment of reflection, prayer, or lay a wreath or flowers are welcome to do so at their own discretion.
- **The Briars Pavilion**: 10:00 a.m. – 11:30 a.m.

This annual opening invites all those who wish to mark the memory of the Emperor of the French People with dignity and reverence.

Saint Helena Napoleonic Héritage Ltd

NOTICE BOARD

VACANCY

Connect SAINT HELENA LTD

BILLING ADMINISTRATOR

Connect Saint Helena Ltd is seeking to employ a Billing Administrator.

As an essential member of the Finance team at Connect Saint Helena Ltd, the Billing Administrator plays a key role in ensuring the accurate and timely delivery of customer invoices. This position requires close collaboration with team members and covers a range of responsibilities that includes: Generating invoices based on actual readings or estimates, Establishing, maintaining, and updating customer accounts and Monitoring customer account balances.

EXPERIENCE & QUALITIES

- Computer literate in Microsoft Word, Excel & Email
- Previous experience In Utilities
- Experience of Access Dimensions or similar software
- Have experience in Accounting, using billing software and in a customer focus environment.

QUALIFICATIONS

- GCSEs including English, Maths/Accounts or equivalent

BENEFITS

- A competitive salary commensurate with qualifications and experience.
- 15% pension contributions of the base salary and 25 days annual leave.

For further information contact Phanual Shangwa on +290 22255 or email Phanual.Shangwa@connect.co.sh Completed application forms can be handed into the Connect Saint Helena Ltd main office at Seales Corner, Jamestown or via email: Annalisa.Young@connect.co.sh by **9:00am on Monday, 19 May 2025.** To be considered for this role please complete our application form, CV's will not be accepted.

www.connect.co.sh/vacancies.html | connectsainthelenaltd | https://www.linkedin.com/company/connect-saint-helena-ltd/

St Helena Government

PUBLIC ANNOUNCEMENT

ENRP ASSETS FOR LICENSING

ANRD wishes to advise the public that the following assets are available for licensing from May 2025:

- Arable Land at Ropery Field
- Arable land at SpringBok, Levelwood
- Arable land at Millfield
- Arable land at West Lodge
- Produce Unit at Ex ADA Field
- Equipment storage unit at Ex ADA Field
- Poultry Unit at Farm Buildings

Application forms can be collected from the Reception at the ENRP Office or by contacting the Farmers Support Officer, Frederick Green, at frederick.green@sainthelena.gov.sh or the Farmers Support Assistant, Martina Leo, at martina.leo@sainthelena.gov.sh.

Closing date for application is Friday, 16 May 2025 at 16:00.

SHG
28 April 2025

http://www.sainthelena.gov.sh

NOTICE BOARD

We would like to advise all of our valued customers on St Helena, that we are currently looking at all route options for our air freight service to the Island, and we have been working to establish why there are issues arising in Joburg. We have been in contact with our agents in South Africa, along with Airlink and SHG, to discuss the unacceptable timeframe for our consignments arrival on Island, and to push for a resolution to this situation as quickly as possible.

There have now been numerous RJI consignments bumped from the flights, and we are receiving cargo notices from Airlink advising that this is due to "space restrictions". When we investigate further, we are advised that passenger numbers are the main cause of these delays.

The order of cargo priority means that passengers, passenger luggage, perishables and medical take priority over commercial cargo, so there are plausible scenarios where other cargo would be pushed up the queue, however, there is no explanation that we can see, as to why other commercial cargo may be arriving before ours.

It completely defeats the purpose of sending, and paying more for an air freight service, if it is taking several weeks to arrive. We fully understand and appreciate the frustration of our customers that are having air freight arrive much later than expected. We cannot provide an effective and reliable air freight service with these unacceptable delays.

We are pushing for the teams in Joburg to get this resolved as soon as possible and in the meantime, would like to apologise to all of our customers who have had air freight delayed.

Sincerely,
The Managing Directors of Richard James International

Richard James International is a member of the British International Freight Association (BIFA) Registration No. 971.
All business is transacted under the BIFA Standard Trading Conditions 2021 Edition which is available upon request.
Registered in England No: 2568599. VAT Registration No: 567552901 Registered Office: Bath House, 6-8 Bath Street, Bristol, BS1 6HL

HARFORD COMMUNITY CENTRE

MULTI RAFFLE

The amount raised was £500.00.

A big THANK YOU!! To the person who organised and donated the prizes for the raffle on behalf of the community centre

Digital Scale	Fred Thomas	Longwood
Bluetooth Selfie Stick	Wyatt Francis March	Ladder Hill
Shoe Rack	Roman Maggott	Ruperts
Set of Sandwich Tins	Daryl Phillips	Longwood
Brandy Warmer	Phyliss Stevens	New Ground
Rice Strainer	Barbara Clingham	Longwood
Gift Set	Bulelwo Athonna	Briars
Charlie Perfume	Carmen Yon	H.T.H
Silicone Set	Anthony George	Thompson Hill
Set of Loaf Pans	Benji Lawrence	Cow Path
Bottle of Wine	Vera Joshua	Longwood
Duo Cover	Hannah Duncan	H.T.H
Vanilla Candle	Angela Yon	Jamestown
Cinnamon Stick	Di Roberts	Sapper Way
Body & Bath Treat	Eileen Hudson	Cow Path

NOTICE BOARD



Church Notices

We warmly invite you to join us for:

Prayer Meeting

Saturday 03rd May 2025 at 8:30am
@ The Rock Christian Fellowship Centre, Longwood Avenue.

~

Praise and Worship Service

Sunday 04th May 2025 at 11:00am
Kidzone (Sunday School) at 11.00am
@ The Rock Christian Fellowship Centre, Longwood Avenue.

~

Cell Meetings

Tuesday 06th May 2025
Jamestown at 7:00 pm, (Contact: Catherine on 64352 for details)
Cape Villa at 5.00 pm, (Contact: Priscilla 51919 for details)
Wednesday 07th May 2025
The Rock Christian Fellowship, Longwood Avenue at 7.00pm
(Contact: Priscilla 51919 for details)

~

Christian Gift/bookshop & DVD rental

The Christian gift/bookshop & DVD rental
(as well as second-hand goods shop) is available.
For further information contact Priscilla: 51919.

Scout Jackpot Draw

The winners of the April
Scout Jackpot were as follows:

1st Prize - £100 – Maureen Thomas
Ticket No. 187

2nd Prize - £50 – Dulcie Thomas
Ticket No. 261

3rd Prize - £25 – Young's Family
Ticket No. 155

4th Prize - £25 – Linda Thomas
Ticket No. 279

The May jackpot draw will take place
on 30 May 2025.

Remember to have any chance of winning,
you must participate.



ST ANDREWS NEWSPAPER BINGO

Games will be played over a five week period – each week a different set of numbers will be published

This week the "Green" bingo sheet will be used

Numbers to be read across, from left to right

Claim on earliest number for full house will be the winner

Claims to be made to Karen Henry on 23401
by Saturday 3 May at 12 noon.

Prize - £20 per week

Last week's winner was Mrs Pat Essex.

63	29	6	59	87	18	42	35	53	31
82	30	46	13	60	26	79	55	4	22
57	41	76	27	39	61	48	81	50	11
70	84	10	44	24	67	54	19	8	37
38	90	56	75	64	14	40	23	51	21
77	69	33	43	2	83	62	25	15	88
68	34	89	45	28	58	80	17	74	52

DIOCESE OF SAINT HELENA

The Parish of St Paul's		
Sunday 4th May 2025– 2nd Sunday after Easter		
9.30 a.m.	Eucharist	Cathedral
9.30 a.m.	Eucharist	St Peter
The Parish of St James		
Sunday 4th May 2025 – 2nd Sunday after Easter		
9.30 a.m.	Eucharist	St James
3.30 p.m.	**Service to commemorate the birth of the Community of St Helena and the island's community involvement in the abolition of the Slave Trade**	**St Michael Ruperts**
	Monday 5th May	
7.00 p.m.	Eucharist	St Mary
	Thursday 8th May	
7.00 p.m.	**Patronal Festival**	**St John**
The Parish of St Matthew		
Sunday 4th May 2025 – 2nd Sunday after Easter		
11.15 a.m.	Eucharist	St Mark
	Tuesday 6th May	
7.00 p.m.	Alpha	St Mark

NOTICE BOARD

ASCENSION ISLAND GOVERNMENT

Carpenter

Total package value up to £19,750.00 pa

(comprising salary up of up to £12,412.00 pa, plus food and utilities allowances, free housing and other benefits)

About the role

We're looking for an experienced carpenter to join our Carpentry Department within the busy Facilities Team of our large Facilities and Operations Directorate.

What you'll do

As part of the Carpentry team you will work on a range of different projects from routine maintenance and repair work to larger projects including building renovations and new build projects.

You will also need to be willing and able to assist the marine team with ship work and stevedore duties when we have cargo ships in port (this will often involve 12-hour days and weekend work for which overtime is payable).

What you'll bring

We are looking for an experienced carpenter with good knowledge of building maintenance, safe operation of hand and power tools, good Health & Safety standards, excellent customer services and communication skills. You will need a clean and valid driver's license (Classes A & B in St Helena and Ascension).

What we offer

In addition to an annual salary of up to £12,412.00 pa (depending on experience and taxable on Ascension), the role attracts a two -year **single** status contract and the following allowances and benefits:

- Rent free accommodation valued at up to £1,200.00 pa (taxable benefit)
- A single status food allowance £3,840.00 pa (taxable benefit)
- An electricity allowance paid in kind worth £938.00 pa
- A single status water allowance worth paid in kind worth £1,360.00 pa
- Relocation costs for your personal effects from your home country and assistance with shipment of a vehicle
- One mid-contract return journey to your country of recruitment
- A gratuity payable on the successful completion of a 2-year contract
- 30 days' annual holiday (with additional 9 days public holidays)
- Free primary dental and medical care
- Free annual travel insurance

The appointment will be subject to:

- Satisfactory employment references
- Basic Criminal Records Check
- Satisfactory Medical and Dental Clearance

Closing date: 25 May 2025
Interviews: from week commencing 26 May 2025 (via video call if off island)
Start date: As soon as possible.

For more information, a full job description, and to apply, visit:
www.ascension.gov.ac/lifestyle-and-employment/working-here/

If you have any questions about the role, email: recruitment@ascension.gov.ac

THANK YOU

The Committee of the Blue Hill Community Association would like to thank everyone who supported the Family Fun Day on Sunday, 13 April 2025. Special thanks are extended to those who donated prizes and bought tickets for the multi raffle, to Mrs Olive Williams for arranging the bingo, to Colin Peters for providing the music, to Miss Sharon Wade for organising the games, to Melvin from the Rock Club for the bouncy castle. It was a fun afternoon despite the light rain showers, so thank you one and all for coming along and making the event a successful one.

Winners of the multi raffle were as follows:

Iced cake	**Mavis Yon, Sea View**
Vegetable Hamper	**Chloe Yon, West Lodge**
Food Hamper	**Kelsey Henry, Plantation Stables**
Food Hamper	**Ray Peters, Blue Hill**
Toaster	**William Bagley, Barren Ground**
Glass Soup Set	**Rose Francis, Longwood**
Beauty Box	**Derek Buckley, Bushes Hollow**
Set of Glasses	**Raymond Yon, Blue Hill**
Baking Set	**Edna Richards, Blue Hill**
Six pack beer	**Ray Peters, Blue Hill**
Bottle red wine	**Tina Wade-Peters, Blue Hill**
Tub Quality Streets	**Sienna Henry, Blue Hill**
Bottle red wine	**Ruth Young, Chubbs Spring**
Box Jacobs Biscuits	**Fishcakes, Jamestown**
Easter Egg	**Jamelia Henry, c/o Sylvia Jamestown**
Easter Egg	**Claire Williams, Jamestown**
Six pack orange Fanta	**Pat Dubbs, Jamestown**
Boiled pudding	**Donna Herne, Horse Pasture**
Chocolate Sandwich cake	**Cyril Peters, Blue Hill**
Dan's voucher	**Raymond Yon, Blue Hill**
Electric Iron	**Zena Peters, Jamestown**
Men's Nivea Set	**Johnny Green, Horse Pasture**
Kitchen scale	**Geoff Francis, Blue Hill**
Dan's Voucher	**Karen Thomas-Furniss**
Bottle Chamdor	**Leslie Richards, High Hill**
Shower Curtain	**Ella-Glen Bargo, Half Tree Hollow**
Ladies Perfume	**Lily G Henry, St John's Flat**
Ladies Perfume	**Callum Williams, Jamestown**
Ladies Perfume	**Joan Phillips, Half Tree Hollow**
Men's Perfume	**Kai Benjamin, Half Tree Hollow**

A total of £280 was raised from the raffle.

NOTICE BOARD

JOIN THE PUBLIC SERVICE

Join us!

We are recruiting…

St Helena Government

Fire Fighter
(£10,167 per annum)

The St Helena Fire & Rescue Service has an opportunity for you to join their team as Fire Fighter. Within this role you will protect and save people and property from fire and other hazards, reduce risk and provide humanitarian services in the most competent and effective manner.

Contact us for more information and a discussion

Enquiries: **Jason Lawrence on Tel No. 23344 or Email: stno.fire@helanta.co.sh**
Closing date: **13 May 2025**

Mental Health Support Worker
(£9,781 per annum)

The Health Directorate is seeking to recruit a Mental Health Support Worker who will be responsible for contributing to the care and support of patients within the Mental Health Service. You will work as part of an agreed plan of care under the supervision of qualified staff and to undertake duties specific to a defined client group in the community.
The post holder is required to undertake duties without direct supervision, working in partnership with patients, carers and other professionals/agencies in line with legislative frameworks, agreed standards and clinical policies. This involves working in a variety of home/near to home community environments and at times the hospital when an inpatient admission is needed. The Mental Health Support Worker will also need to be computer literate and take on a range of administrative duties as part for this role.

Contact us for more information and a discussion.

Enquiries: **Ian Rummery on Tel No 22500 or Email ian.rummery@sainthelena.gov.sh**
Closing date: **07 May 2025**

Handyman Driver
(£7,960 per annum)

The Health & Social Care Portfolio is currently seeking to recruit a Handyman Driver who will be responsible for the upkeep and maintenance of the Health & Social Care premises and will have a vital role to play in making the environment safe and comfortable. You will also be required to perform driving duties to support the smooth running of the service.

Contact us for more information and a discussion

Enquiries: **Michael Gaga - Hale on Tel No. 22500 or Email michael.gaga-hale@sainthelena.gov.sh**
Closing date: **14 May 2025**

Benefits

Leave – 30 days leave per annum, plus public holidays

Pension – 15% pension contribution by SHG into approved defined contribution pension scheme

Training and Development

Paid sickness absence

How to apply

To access job profiles and application forms online, visit www.sainthelena.gov.sh/government/vacancies Alternatively, these are available in paper format from Central Human Resources and Organisational Development at The Castle, Jamestown.

For further information, please contact the recruitment team on telephone number **22470** or via the email address below.

Applications should be submitted to the Human Resources Officer by email recruitment@sainthelena.gov.sh or paper copies delivered to the Human Resources Officer by the closing date.

To be considered for our vacancies, you must complete our application form. Please do not submit your CV.

SHG positively accepts applications from all members of the community, regardless of age, gender, disability, age, sexual orientation, religion or belief and will consider all applications on the basis of merit assessed against the role profile and person specification. All appointments are subject to the successful candidate providing satisfactory clearances, which include a medical check, betting / DBS clearance and references. SHG reserves the right to have information provided on or with the application independently verified. Benefits are subject to change and may vary according to role.

JOIN THE PUBLIC SERVICE

Join us!

We are recruiting…

St Helena Government

Environmental Risk Officer (£18,902 per annum)

The Environment and Natural Resources Portfolio is currently seeking to recruit a highly motivated individual with broad experience in one or more areas of environmental risk management to join their team as Head of Section for environmental risk management. You will be an integral part of providing the strategic agenda and direction for the core functions of climate change, waste management and environmental pollution management in order to protect St Helena's natural environments and you will play a key role in driving environmental sustainability initiatives. The role will require you to work collaboratively with a small group of Heads of Section in our core environmental protection and nature conservation subjects for effective environmental risk programme delivery.

Experienced in project management and staff management, you will also have excellent written, verbal communication and interpersonal skills to communicate with a range of audiences, including colleagues, senior managers, elected members, donor agencies and the public.

There is also an opportunity for this post to be offered on a secondment basis.

Contact us for more information and a discussion about the role.

Enquiries: **Darren Duncan on Tel No 24724 or Email** darren.duncan@sainthelena.gov.sh

Closing date: 14 May 2025

Benefits

Leave – 30 days leave per annum, plus public holidays

Pension – 15% pension contribution by SHG into approved defined contribution pension scheme

Training and Development

Paid sickness absence

How to apply

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NOTICE BOARD

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We are recruiting…

St Helena Government

Fuel Infrastructure Project (FIP) Maintenance Worker
(Fixed Term Contract until October 2026)
(£8,878 per annum)

The Fuel Infrastructure Project within the Programme Management Office is seeking a Maintenance Worker. In this role, the Maintenance Worker will be required to work to the FIP's fuel facilities preservation and maintenance programme and keep accurate records of all preservation maintenance work. You will also be required to take responsibility for site maintenance, particularly relating to the SHAP fuel systems in Rupert's and at the Airport. From time to time this may involve work in other parts of the Airport Development Area.

If you are interested, please contact us for more information and a discussion.

Enquiries: **Darrell Clingham on Tel No 22289 or Email darrellclingham.fip@helanta.co.sh**
Closing date: 9 May 2025

Licensing Enforcement Compliance Officer
(£12,049 per annum)

The Royal St. Helena Police Service is currently seeking to recruit a Licensing Enforcement Compliance Officer who will be responsible to improve the lives of all within our community and help the island thrive by managing, monitoring and enforcing relevant licensing and regulatory matters.

Contact us for more information and a discussion

Enquiries: **Mark Coombe on Tel No. 24290 or Email mark.coombe@sainthelena.gov.sh**
Closing date: **14 May 2025**

Benefits

Leave – 30 days leave per annum, plus public holidays

Pension – 15% pension contribution by SHG into approved defined contribution pension scheme

Training and Development

Paid sickness absence

How to apply

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JOIN THE PUBLIC SERVICE

Join us!

We are recruiting...

St Helena Government

Support Workers (Social Care)

Fixed-Term Contracts or Permanent
(£8,113 per annum)
(Available for local interest)

Are you interested in the well-being of clients within the Learning Disabilities units, and providing high quality, holistic care directly to frail older people in full time residential and day care, enabling them to live as full and active life as possible? If so, Social Care is seeking support in the following areas of care; Deasons, Cape Villa and Piccolo Hill. Come join our team and help make a difference in the lives of our clients.

Contact us for more information and a discussion.

Enquiries: Hannah Herne or Latoya Thomas,
Tel nos. 22920/23151 or
Email: hannah.herne@sainthelena.gov.sh
Email: dcdeputymanager@helanta.co.sh
Nicole Hercules on Tel no. 25936 or
Email: piccolo.hill@helanta.co.sh
Closing date: 16 May 2025

Benefits

Leave – 30 days leave per annum, plus public holidays

Pension – 15% pension contribution by SHG into approved defined contribution pension scheme

Training and Development

Paid sickness absence

How to apply

To access job profiles and application forms online, visit www.sainthelena.gov.sh/government/vacancies Alternatively, these are available in paper format from Central Human Resources and Organisational Development at The Castle, Jamestown.

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NOTICE BOARD

APPLICATIONS FOR DEVELOPMENT PERMISSION

NOTICE IS HEREBY GIVEN that an Application has been received in respect of the following proposals:

St Helena Government

1. **Application 2025/18:** FULL Planning Application for **Proposed Loft Extension**, Levelwood on Parcel SH0346. Applicant: Alex Knipe
2. **Application 2025/19:** FULL Planning Application for **Proposed Three Bedroom House**, Levelwood on Parcel SH0442. Applicant: Shelley Samuel Fowler
3. **Application 2025/20:** FULL Planning Application for **Extension to Existing House to form a Two Storey Dwelling (Change of Use from One to 2 x 2 Bedroom Dwelling Units)** at New Bridge, Jamestown on Parcel JT150010. Applicant: Anthony M. Thomas
4. **Application 2025/21:** FULL Planning Application for **Proposed Covered Way**, Jamestown on Parcel JT110036. Applicant: Patricia Duncan
5. **Application 2025/22:** FULL Planning Application for **Proposed Installation of Hand Railings**, Nr Botanical Gardens Flats, Jamestown on Parcel JT160050. Applicant: Patricia Duncan

Copies of the Applications and Plans may be inspected by prior appointment with the Planning Section, Essex House, Main Street, Jamestown, Monday to Friday, from 8.30am to 4pm. Appointments can be made with the Administration Assistant on Telephone 24724 or email rea.williams@sainthelena.gov.sh stating the Application Reference Number they wish to inspect

Any person who wishes to make Representations on any of the above Applications should make them in writing to the Planning Office, Essex House, Main Street, Jamestown or Email rea.williams@sainthelena.gov.sh

Public Representation Closing Date: 4pm – 15 May 2025

Patricia Coyle, Head of Planning & Building Control

'Restoring a globally significant Cloud Forest'

News from the St Helena Cloud Forest Project



Welcome to the first 'news bite' from the St Helena Cloud Forest Project following the exciting announcement that we are receiving a one-year bridging grant from the Foreign, Commonwealth & Development Office – who also funded Years 1 through 4 – ensuring the continuation of this vital work here on St Helena!

Today we share with you a link to an incredible short film on the island's water resources, produced by Capricorn Studios for the Cloud Forest Project: https://www.youtube.com/watch?v=_JTs9hyzLT4

This latest film focuses on the relationship between our cloud forest habitat and the Island's water supply; and work under our project led by local partners Connect Saint Helena to secure water security for the Island in the face of climate change.

Research has confirmed the importance of cloud forest habitat in helping to sustain St Helena's water resources, with our endemic cloud forest providing water for St Helena through mist and rain capture. The Cloud Forest Project team, supported by scientists and experts, has been using a holistic nature-based approach to cloud forest restoration, developing soils to support water retention while learning more about the relation between the cloud forest and our Island's water supply. This film highlights the key areas for maintaining St Helena's water resources, from the point of capture on the Peaks to storage, treatment and distribution across the island.

A big shoutout to Darrin and Sharon Henry for producing another outstanding film, and a thank you to all involved in the creation of this brilliant St Helena Cloud Forest Project resource. Check it out today! (see link above or scan QR code on photo)

Be sure to follow the St Helena Peaks National Park on Facebook, and @StHelenaPNP on X, to stay up to date with all the latest news and information on the FCDO-funded St Helena Cloud Forest Project.

Scan the QR Codes below for quick access to:

Website Facebook Twitter/X

RSPB UK Government Connect St Helena Island UBC KCW Met Office Arcium

Golf Report



SHGC, Contributed

Last Sunday, 27 April 27, was indeed a splendid day for golf as the weather conditions were favorable and the course was in excellent shape. A total of 18 players participated in the Monthly Medal competition; a popular event that encourages competitive play among club members.

The competition saw some impressive scores being returned, reflecting both skill and strategy on the course. The outright winner of the Monthly Medal was Arthur Francis, who achieved a remarkable net score of 65. This score indicates that Arthur played exceptionally well, relative to his handicap.

The race for second place was notably competitive. Three players—Jeff Stevens, Gerald George, and Peter Bagley—finished closely behind Arthur with Net 67. On the count-back Peter Bagley emerged to take the runner up spot.

A special mention to Gerald George for showing us he still has what it takes to be up there competing.

Jeff Stevens was the only one scoring a two on the 7th and claimed all the balls in the two ball pool.

Upcoming Events:

Looking ahead, the next event on the calendar is scheduled for 4 May, featuring the "Tombstone Competition". Players are encouraged to prepare for another exciting day on the course. A sign-up sheet has been posted on the club's notice board or you can leave your name and number on 24421.

Also, a Euchre Drive has been scheduled for 16 May (Friday Evening). Please enter your team by contacting Keith Joshua "KJ" on 63698 or 25771.

Happy swinging!

Greetings from the Jamestown Rifle Club



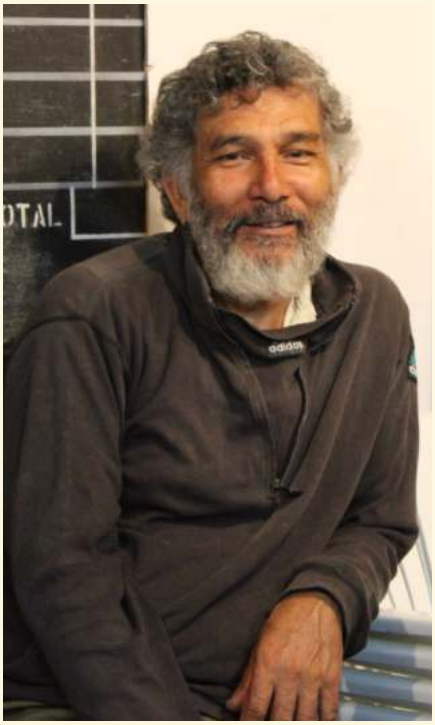
Pat Henry, Contributed

It was much cooler weather during the night's practice shooting activity, hearing the shots swiftly hammering down range you could feel the joy from shooters when impressive score numbers were called and also feeling the hurt when a low number was shot; shooters know when their trigger finger accidently snatches the trigger.

We had an attendance of 13 people, a historic old timer Mr Ray Green who hasn't shoot for over some 10 years wanted to test his eyes and shooting skills, but without a doubt we knew he still had that ability. Ray was deeply impressed how we developed and maintain the club; this gave him more incentive to have a go; his first shot was a (10) and finishing his target card he shot 96.2, real talent shown by Mr Ray.

A family of three who is leaving St Helena for UK on Saturday wanted to have a shoot before they leave to remember and say thank you to the club. Mrs Emma Thomas who has never shot before had a go and shot 78.3 + 80, Mr Carl Thomas and Zac who has shot before were not letting this opportunity slip by, Carl 96.5 + 93.2 & 97.3, Zac 91.1 + 87.1 & 91.1; sad to lose these guys, we wish them well and good luck for the future, thanks Emma for your customer services at HTH Supermarket. Elli shot well again this week 99.7 + 99.8, Simon D 93.4 + 97.3, Florence shot 97.5, Imogen 97.4, Kyle consistently shot 93.2 & 93.2, Lena Rose shot 94.3 + 95.5, finishing the night off with an itchy trigger finger from the Boss, Mr Pat who shot 98.4 & 98.5, but remember guys this was done whilst the heart and blood was pumping like on a race track.

Thank you for an enjoyable night guys, next week will be a special event with a meal for two of our regular and supportive members who will leave us. An update will follow, so until then, stay well and enjoy every minute that you can, it's worth it. Have a healthy week.



SPORTS ARENA

Let the Battle recommence

Chase for Playoff Spots resume as RMS T20 continues after Easter Break



Luke Bennett, SAMS

The SHCA RMS T20 Tournament 2025 got back underway over the weekend, after breaking for Easter, picking up the excitement where they left off two weeks ago.

In the first match of the weekend on Saturday, the Western A Mustangs defeated the Levelwood Rebels as they continue their push to secure a place in this year's playoffs. Rebels elected to bat first and got off to a relatively steady start, however the batting soon crumbled thanks to some brilliant bowling from Mustangs, in particular, Player of the Match, Gareth Johnson, who produced two wickets for just five runs in his four overs. Former Mustang, Dane Wade, made a stand after notching 33 runs to help Rebels to a total of 97 after 20 overs. Although they lost two wickets in the chase, Mustangs kept their composure to reach the required runs in 12 overs, which ensured they moved back up into a playoff spot.

Over to Sunday morning when Challengers took on the Jamestown Heat, as the League Champs for 2025 aimed to cement their place at the top of the standings in this year's RMS T20. After losing their opener early in the innings, Heat went on to produce a commendable score of 162, thanks largely to a well-played 74 runs from Captain Jamie Essex. Despite being one of the highest totals for Challengers to chase in this year's tournament, a solid 74 runs from Andrew Yon, accompanied by 57 from Player of the Match, Jordi Henry, saw the leaders keep their place on top, reaching the required total within 17 overs.

The weekend's final match saw title holders, Sandy Bay Pirates, defeat Cobras, in a boost to their playoff ambitions this year. Pirates batted first and got off to a shaky start after losing four wickets after just four overs, thanks to some brilliant bowling from Cobras. However, it was Player of the Match Ajay Bennett, who produced a blistering 115 runs of just 47 balls, accompanied by Brooklyn Fowler, with an explosive 93 of just 30 balls, which saw Pirates to a massive total of 285 runs. An outstanding bowling performance from Ajay and Greg Coleman during the chase, with the pair bagging three wickets each, would help the Pirates restrict Cobras to 100 runs all out, moving the reigning champions into second position and well-placed to regain their RMS T20 title.

As the table stands, Challengers, Pirates, Allstars and Mustangs sit one to four respectively in this year's playoff spots, though Jamestown Heat are still in with a good chance to take the fourth spot if any of these teams were to slip up; meaning there really is a lot play for in the next few games.



FIXTURES

Saturday 3rd May
13:30
Cobras v Challengers
Umpires:
Rhys Francis and David Young

Sunday 4th May
09:30
Sandy Bay Pirates v Levelwood Rebels
Umpires:
Cliff Richards and Trystan Thomas

13:30
Western a Mustangs v Levelwood Allstars
Umpires:
Jamie Essex and Gavin George

SPORTS ARENA


















SPORTS ARENA

CHAMPIONS IN RED

Pilling Primary School does it again as they are named Athletics Day Champions 2025 by seven points



Donna Crowie, SAMS

Last week, Francis Plain became a vibrant venue of red, green and yellow as the Island's three Primary Schools turned up to battle it out in the 2025 Primary School Athletics Day, competing in a number of track and field events.

The day started with an opening speech from Acting Head of Pilling Primary, Steve Plato, with Pilling being the organisers for this year's event. This was followed by an encouraging and inspirational speech from young athlete, Tyler Anthony, who has been chosen to represent St Helena in the upcoming Island Games in Orkney in July.

Once the day was officially opened, the popular cheerleading routines from each school cheer squad got underway in what is a true tradition for St Helena school sports days.

The younger Key Stage 1 students were first to the track, while many other students took part in various field events including the high jump, long jump, javelin and shot put.

During a short break in proceedings, a score update revealed that the competition was extremely tight, with the Key Stage 2 pupils charged with boosting their schools scores as they took to the track for their events.

At just after 2pm, all students gathered on the field for the final results. Before the overall winners were announced however, the presentation of individual awards took place.

Reception Athlete of the Day was Keionna Henry from St Paul's Primary. KS1 Female of the Day was awarded to Mary-Anne Kanonce from Pilling Primary and KS1 Male of the Day was presented to Lexus Peters-Brady from St Paul's Primary. Lexus also was the only record breaker on the day when he competed in the 80m sprint and finished in just over 13secs, beating Blaze Baldwin's record from 2015 when he did it in a time of 14.19 seconds. Congrats Lexus! Moving up, the Lower KS2 Athletes of the Day went to Riley-Scott Wade of Pilling Primary and Ella-Rose Isaac of Harford Primary. Upper KS2 Athlete of the Day was Cruz Williams and Hari Stead, both from Pilling Primary.

As is tradition, in memory of the late Rocco Henry, each year the Rocco Henry cup is awarded to the overall Athlete of the Day. Presented by Rocco's cousin, Alexandria Thomas, the cup this year was awarded to Pilling Primary's Hari Stead.

Then was the moment that everyone was waiting for as Director of Schools, Kerry Lawrence, announced the final results.

"Moment of truth," she teased when making the anticipated announcement. "Final scores of the day; in third place we have Harford Primary School with 125 points; throughout the day, first and second place were very close, the last relay races made the difference. So, in second place with a score of 167, it's St Paul's Primary School, which means in first place, with a score of 174, the winners of the 2025 Athletics Day primary competition is Pilling Primary school."

Congratulation to Pilling Primary School for winning yet another annual Athletics Day, which, though unconfirmed, makes it, at least, seven in a row for the reds from Jamestown. A big well done is extended to all of the young athletes from each school who gave it their all and put on a show last week – you all did a great job! (*more photos inside*)

